Post-Operative Instructions After Maxillary Sinus Graft

After Maxillary Sinus Surgery, it's important for initial healing to occur. This process will begin immediately following surgery and continue for the following 14-days.

This initial healing stops the bleeding, coagulates the bone graft and/or membrane and allows adhesion of the membrane to the clot, and therefore the bone and sinus membrane. To allow this process to occur predictably it is important to follow the post-op instructions exactly for the full period of time after surgery.

As the clot forms and initial healing progresses, it is imperative to protect it, especially for the next 14-days.

Post-Operative Restrictions - YOU MUST NOT:
* Smoke - anything. Not one puff of one cigarette, pipe, or other device.
* Suck on anything (i.e. straws, lollipops, e-cigarettes, etcetera).
* Spit.
* Swish anything vigorously.
* Closed-mouth sneezing.
* Forceful blowing; forceful sniffing.
* Clean the teeth immediately next to the surgical site.
* Engage in any strenuous physical activity(s) for 14-days.
* Go diving (although flying is acceptable, if unavoidable).

Engaging in any of these instances, even once accidentally, can dislodge the clot, tear a suture, tear the sinus membrane, infect the graft, or slow the healing process significantly. Please continue cleaning all other teeth normally to keep bacteria counts as low as possible and speed overall healing.
What to Expect After Surgery:

Bleeding:
Slight bleeding after surgery is normal and may last for 24-hours. Sinus surgery may cause bleeding of the nose for up to 24-hours also. Bleeding should may manageable by placing gauze into the nares of the nose, if it is bothersome. Sniffing and blowing of the nose should NOT be attempted.

Bruising:
Bruising is also common after sinus surgery and, if present, can continue to develop or enlarge for 2-3 days post-operatively. The development of black, green, blue, or yellow discoloration is due to blood spreading beneath the tissues from the initial surgery. This discoloration may last for up to 14-days. Moist heat applied to the area, after the initial 48-hours of cold compression, may speed up the removal of the discoloration. Please do not apply heat to the area for the first 48-hours.

Pain:
On a scale of 0-10, with '0' = No Pain and '10' = Worst Pain Imaginable, this surgery should be in the range of '1-to-4'. Following the recommendations in this post-operative form should keep your pain down to a very manageable level, for the shortest time possible. Most people when asked, do not say they were 'in pain', but rather they were 'sore'. Usually, this discomfort will be limited to 72-hours, then most/all discomfort will be gone.

Swelling:
Swelling should be expected, in some cases the swelling may seem excessive; however, the manipulation of facial fascia does cause significant swelling in many instances. This is considered normal and will not necessarily coincide with increased discomfort. The application of cold compresses for the first 48-hours will lessen this side effect.
Medication(s):
For sinus surgery, you will be taking an antibiotic before surgery and will continue that antibiotic after surgery, until it is finished. You will also be taking an analgesic (Acetaminophen), an oral antimicrobial rinse (Chlorhexidine Gluconate), an NSAID (Ibuprofen) and a Glucocorticoid (Dexamethasone). You may also be given a narcotic or opioid for 'break-through pain' management.

Post-Operative Appointments:
Dr. Hoffman will want to see you **24-hours** after sinus surgery to review the surgery with you, the medications, expectations for recovery, properly manage your discomfort, perform a post-operative evaluation of the surgical area(s) and answer any potential questions.

Dr. Hoffman will also want to see you **7-days** after sinus surgery, then again **14-days** after sinus surgery for a final post-operative evaluation, remove any remaining sutures, most probably remove the post-op restrictions (above) and go over the next step(s) of your treatment.

Complete Healing:
Complete bony healing usually occurs in 4-6 months after surgery; sometimes longer, depending on the future 3D CBCT scan and the resultant density of the grafted bone at that time. Once this is complete and satisfactory, the next step of treatment can be performed.